



**INDOOR ROWING**  
Fitness with a difference

## ERGfit News

**NEW Running Group sessions**

**World ERG Challenge**

**ERGfit Indoor Racing Series**

**RUN 4 the KIDS 2014**

**Stadium STOMP**

**Australian Masters Rowing  
Championships**

**Amy's Gran Fondo - The Great  
Ocean Ride**

**Come & Try Track Day**

**Northern Veterans Cycling**

**SWISSballs for SALE**

**Foam Rollers for Term 3**

**5 Steps to Prevent Winter  
Weight Gain**

**Aussie Health Habits Revealed**

**RUN Melbourne Fun Run**

**Calendar of Events**

**TERM 3 Timetable & Casual**

**Timetable for July School**

**Holidays out NOW!**

**REGISTRATIONS are now OPEN  
for TERM 3**

**ERGfit Indoor Rowing**

**44 The Boulevard**

**Moonee Ponds VIC 3039**

**(@ Essendon Angling Club)**

**[www.ergfit.com.au](http://www.ergfit.com.au)**

**[info@ergfit.com.au](mailto:info@ergfit.com.au)**

**Tamara 0407 802 686**

**Scott 0414 433 905**

**ABN 53 115 836 041**

# ERGfit News Winter 2014

## **Can you believe it is now WINTER?**

Welcome to the Winter edition of ERGfit news – the newsletter that gives you up-to-date information on what's happening at ERGfit.

We are now heading into the last weeks of Term 2 and winter is now upon us. Don't let the dark, the cold or miserable days deter you from your exercise regime.

The running group has continued for this term with 8 enthusiastic participants. We have included stair climbing to the agenda this term so we can participate in the Stadium Stomp in July. We are raising funds for the Laekaemia Foundation.

Throughout winter we are again holding our indoor racing series in support of all those enthusiastic rowers who wish to achieve a PB, use this as preparation for the Pan Pacific Games in November or try their hand at indoor racing for the first time.

Checkout what's on sale and what's new for Term 3... Keep up the training & stay well :)

Please forward this email on to other fitness enthusiasts, friends & family that may be interested.

If you have any feedback or questions about the newsletter, please contact Tamara on [info@ergfit.com.au](mailto:info@ergfit.com.au) or 0407 802 686.

## **Saturday 7am RUNNING Group Sessions**

Our running group sessions have re-commenced with our first session on Saturday 3rd May.

We are training for 2 different events this time round to add variety to our program. Stadium Stomp is Australia's ultimate Stair Climbing challenge open to all levels of fitness on Sunday 6th July at the MCG.

RUN Melbourne fun run with a choice of either the 5km, 10 km half marathon & full marathon on Sunday 27th July. Our last session for term 2 is Saturday 19th July.

Our next goal will be to participate in the MELBOURNE MARATHON on Sunday 12th October.

(5km, 10km, 1/2 & full marathon)

### **COURSE # 3**

**WHEN: Sat 9 August - Sat 11 Oct**

**COST: \$125.00 for 10 sessions**

**TIME: 7am (60-75 min session)**

**\*Terms & Conditions Apply**

*Do you have an event that you would like to participate in or share with other ERGfit members so they too can participate?*

*Have a chat with Tamara for more info.*

## **TERM DATES & SCHOOL HOLIDAYS!**

**TERM 2: Tuesday 22nd April to Saturday 28th June (10 weeks)**

**TERM 2 RUNNING group: Saturday 3rd May to 19th July (12 weeks)**

**School Holidays Casual Classes: Tuesday 1st July to Saturday 12th July**

**TERM 3: Tuesday 15th July to Saturday 20th September (10 weeks)**

***“Things work out best for those who make the best of how things work.” - John Wooden***



### **2014 World ERG Challenge**

Thanks to all the members who participated in this years event.

Participants rowed as many metres as they could from March 15 through to April 15. We couldn't row as many metres as we had hoped for as the Easter School Holidays were amongst these dates and we were closed!

The World Erg Challenge was a great success this year. Millions of meters were completed by several thousand people - 435,439,387 meters & 4254 people on 222 teams, to be exact!

This was ERGfit's 3rd challenge & hooray to us for rowing more metres than our previous attempts. This year, we had 51 participants who rowed a total of 1,434,920 metres. We were ranked 56th out of 222 teams. In 2012 we had 25 participants who rowed a total of 941,841 metres & in 2013 we had 62 participants who rowed a total of 1,153,612 metres.

Did you participate? Have you received your certificate?

### **ERGfit Indoor Racing Series!**

ERGfit is conducting our indoor racing series again this year in support of all those enthusiastic rowers who wish to achieve a PB, use this as preparation for the Pan Pacific Games in November or try their hand at indoor racing for the first time.

**When:** Saturday 21st June (POSTPONED)  
Saturday 26th July  
Saturday 23rd August

**Time:** Doors open at 12 noon  
Racing commences at 12.30pm

**Distances:** 500m 1km 2km 5km



Go to [www.ergfit.com.au](http://www.ergfit.com.au) for more details & download entry form

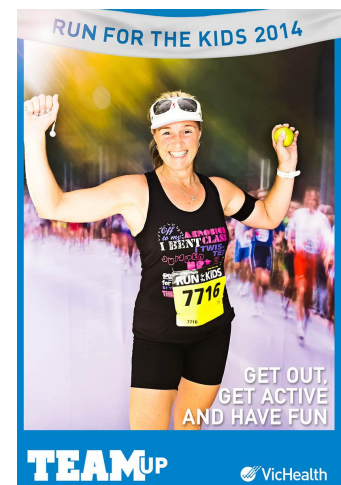
**2014 RUN 4 the KIDS fun run** was held on Sunday 13<sup>th</sup> April this year & saw over 35,000 enthusiastic runners take part. This was a record number & raised over \$1.9M.

ERGfit had 9 members participating in the team's event with a few other members also running but weren't part of the team. ERGfit placed 163 from a total of 959 teams.

Congratulations to all runners especially those who have achieved PB's on the day & to those who joined our 1st ERGfit running group with Michelle on Saturday mornings.

15km Run for the Kids Results:

Holly NEENAN	1.19.43	Tamara RIDDELL	1.22.02	Helen STRATUS	1.22.57
Michelle AUGUSTYNEK	1.25.29	Silvia BARBEROGLU	1.27.50	Cindy NEENAN	1.42.15
Lisa FITZPATRICK	1.45.45	Shari LOFTHOUSE	2.12.39	Heather WATSON	2.12.52
Josie CASAGRANDA	2.24.53	Linda WEISSER	2.24.53		



**TEAMUP**

VicHealth



SUNDAY 6 JULY, 2014

We have created an ERGfit team for the Stadium Stomp at the MCG on Sunday 6th July 2014. Stadium Stomp is Australia's Ultimate Stair Climbing Challenge, climbing up & down the bays of some of our largest and most well known sporting stadiums. I'm talking THOUSANDS of stairs to really test us. Come on, it will be fun! I hope you can join me. Below is the information you'll need to register as part of my team:

Team Name: ERGfit  
Team Password: ergfit  
Course: full course half course  
Wave time: 9.15 - 9.30am 9.00 - 9.15am  
Register online and let me know once you have done so!

**Full Course** - \$80.00 Approximately 7,343 steps taking anywhere from 45 minutes up to 2+ hours to complete depending on your fitness level.

**Half Course** - \$50.00 Approximately 1,890 steps and will take around 20 minutes to complete.

Your entry fee includes participation into the event plus a finishers medallion, branded commemorative drink bottle, access to Stadium Stomp exhibitor stands, free post-event massage service and more.

Course options available make this event **open to all levels of fitness**. There will be rest stops along the way, drink stations scattered throughout the course and music to keep you going.

To register, go to:

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=6651&OrgID=13178> and

select ERGfit as the TEAM and insert PASSWORD ergfit

For more information, go to [www.stadiumstomp.com.au](http://www.stadiumstomp.com.au)

I look forward to you all advising me that you will be joining me for this event. Should you have any friends or family that are keen to join us, feel free to add them to the ERGfit team as well.

ERGfit is also making a difference and fundraising for The Leukaemia Foundation of Australia Limited (VIC/TAS), a cause that is close to our hearts. I have set a goal for the ERGfit team to raise \$250.00 and we need your help with a donation, big or small. Simply click the link below to view ERGfit's fundraising page and donate.

Please visit ERGfit's fundraising page now:

<http://stadiumstomp2014mcg.gofundraise.com.au/page/TamaraMcPherson>

## **Australian Masters Rowing Championships, Adelaide SA**

**Victorian Interstate Masters crews do us proud.**

After many training sessions & a gruelling selection process, I was fortunate enough to be selected to represent Victoria in the Women's Interstate D8+ race held at West Lakes on Saturday 3rd May.

We led the race from start to finish in a time of 3.31.10 for the 1km race. Tamaras medal tally from this year's event stands at: 2 GOLD, 5 SILVER 2 BRONZE.

Next event: Head of the Charles Regatta Boston, USA.

Congrats to all participants that represented their clubs in what was a successfully run event at a great location.

For full results, go to:

[https://www.regattacentral.com/cms/uploads/rowing\\_south\\_australia/files/2014\\_AMRC\\_Results\\_Full\\_Regatta\\_by\\_Race\(1\).pdf](https://www.regattacentral.com/cms/uploads/rowing_south_australia/files/2014_AMRC_Results_Full_Regatta_by_Race(1).pdf)



Pictured L-R: Jen, Linda, Gerry, Jen, Emma (cox)  
Kathy, Jen, Tamara, Jenny



**'Gran Fondo'** is an age old Italian cycling tradition, meaning 'great endurance'. The distance, terrain and sensational scenery of Amy's Gran Fondo makes for a challenging ride, worthy of its status as a UCI World Amateur Road Cycling Championships qualifier event!

This is the only event on the Australian Cycling calendar which provides the safety and unique experience of a fully closed road. Covering 110kms plus 10km neutral on the Ben Werrin descent back into Lorne, with gradients up to 10% and a total of 1220m vertical, Amy's Gran Fondo will test riders of all abilities.

For more info; go to <http://www.amysgranfondo.org.au/>

### **Come & Try Track Day - Sunday 20th July & 21st September 2014**

Have you ever wondered what it feels like to race around a track, completely free from the noise, pollution and danger from passing cars? Ever wondered how it feels to ride around banks with angles that seem to defy gravity? Looking for a style of training that does not impact joints and is suited to people of all ages?

**If you answered yes to any of the above, then a Cycling Victoria Come and Try Track Day is for you.**

Aimed at all ages and abilities these clinics allow the individual to experience the thrill of track cycling under the guidance and support of nationally qualified coaches. Whether it's your desire to learn new skills, try something different or purely just have fun, make sure you are part of the next Come and Try Track Cycling Day.

Sessions are run by qualified coaches, run for approximately 90 minutes and track bikes are provided by Cycling Victoria.

**Where:** Darebin International Sports Centre (DISC) Indoor Velodrome, 281 Darebin Rd, Thornbury Vic 3071

**Cost:** Only \$20

**Track Bikes:** Supplied by Cycling Victoria if you don't have your own!

For further information and bookings please contact Alan Mok via email [Alan.Mok@cycling.org.au](mailto:Alan.Mok@cycling.org.au) or phone the Cycling Victoria offices on (03) 8480 3077. Positions Strictly Limited.



### **Get on your BIKE!**

Have you ever wanted to race bikes?

Northern Veterans Cycling Association strives to promote a friendly yet competitive racing environment for Veterans & Masters age cyclists of varying ability and experience. Our riders range from Elite grade racers to novices new to racing, grouped into grades commensurate with their skills & ability.

Both Scott and Tamara have enjoyed wins at the recent Criterium held at National Boulevard with Scott winning his first B grade race while Tamara took out D grade in the biggest field of the day. Other results include Scott placing 5th, Jan Williamson 7th & Tamara 10th in the Handicap series in Kyneton in wet weather which didn't stop for the entire race.

The annual winter crit series runs for 4 consecutive Sundays commencing Sunday 15th June.

For more information speak to Scott or Tamara or checkout their website [www.northerncycling.com](http://www.northerncycling.com).

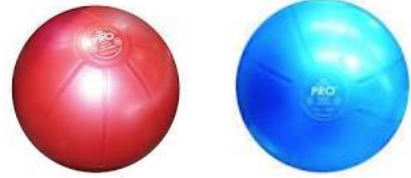


## **ERGfit SWISSballs for SALE**

AOK Health Mediball PRO  
Excellent condition, pre-loved  
2 sizes available 65cm Red & 55cm Blue  
HURRY Limited 2nd hand stock available!

**\$50.00 each**

New RRP \$99.95



AOK balls are made in Australia, are purpose manufactured & tested for health & fitness professionals, and elite athletes. AOK Exercise Balls have the following features:

- Safety - Burst resistance reduces injury risk from burst balls
- Long Life - High resistance to stretching, general wear & tear
- Stay Round - Resist deformation and return to shape quickly
- Many Uses - Suitable for sitting, rehab, exercise and stretching
- Non toxic - they are BPA & Phthalate free

Swiss balls are one of today's top fitness tools; they are less stable than traditional fitness equipment, which can greatly improve your balance, coordination & core strength.

## **NEW to ERGfit for Term 3 - introducing Physio Foam Rollers**

Having used foam rollers myself, & believe in the benefits; we at ERGfit have decided to purchase some and introduce them into our classes. We will initially use them at the conclusion of the class prior to stretching. Participants are welcome to use the foam rollers during the warm up phase too!

A foam roller is simply a cylindrical piece of extruded hard-celled foam. Think swimming pool noodles, but a little more dense & larger in diameter. They usually come in 30, 60 & 90cm lengths. Foam rollers are useful for all of your therapeutic exercises, physical therapy, training & conditioning, core strength & stability, core training, stretching, myofascial release, self massage, postural alignment & balance exercises.

Foam rolling is hard work that can even border on being painful. It is important that participants learn to distinguish between a moderate level of discomfort related to working a trigger point & a discomfort that can lead to injury. When participants have completed foam rolling, you should feel better, not worse. And the rollers should never cause bruising.

The 4 main benefits of using exercise foam rollers are:

**1. Improves flexibility** Flexibility is especially important for sports like rowing, swimming & running (where it can help improve your performance) and can greatly help reduce injuries in sports like cycling.

**2. Flushes lactic acid and promotes muscle recovery** Lactic acid can pool in the muscles leaving you feeling lethargic and heavy in the legs the day after a hard session. Using a foam roller after your workout and on recovery days can help reduce soreness and tightness.

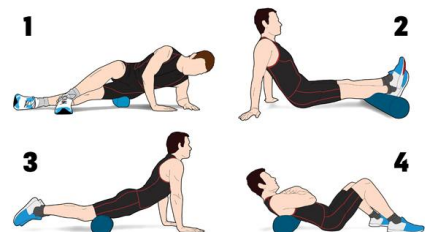
**3. Time efficient and convenient** The foam roller is a once off purchase of around \$25-\$40 and will last you for years. It can be used in the comfort of your own home & completed whilst watching TV or chatting with your family or friends. Small rollers can also be taken away with you on trips.

**4. Assists with injury prevention** After hard workouts your muscles become tense due to the stress they have been placed under. If unattended, knots can form in the muscles which can then lead to injury. By using a foam roller you can 'iron out' the tight spots which can prevent injury trigger points.

ERGfit is placing an order with AOK Health - one of Australia's most reputable suppliers of quality products. Take home your own foam roller today.

**Contact Tamara ASAP if you would like to make a purchase.**

<b>SMALL</b>	<b>15x30cm</b>	<b>\$25.00</b>
<b>MEDIUM</b>	<b>15x45</b>	<b>\$32.50</b>
<b>LARGE</b>	<b>15x90</b>	<b>\$35.00</b>



## 5 Steps to Prevent Winter Weight Gain

We are all aware of the occupational hazards that arise at this time of year – cancellations – a lot of them explained by weak excuses such as: “It’s too cold”, “I am not feeling motivated”, “I am just going to wait until the weather gets better”. Unfortunately when we use a season as an excuse to not remain committed to our diet and exercise regime, after 10 or 12 weeks you tend to see weight gain, weight few of us lose again. So, before you become a victim of winter weight gain, here are some of the key decisions you can make now that will help stop this being your fate.

1. **The decision not to use winter to eat foods you never usually would**
2. **The decision to train more not less**
3. **The decision to use winter foods to support weight control**
4. **The decision to use winter to focus on a goal**
5. **The decision to accept and commit**

Article by [Susie Burrell](#), for [SMH](#)



## Aussie Health Habits Revealed

A survey by the Australian Fitness & Health Expo, the largest fitness event of its kind in the southern hemisphere, has revealed what activities are keeping Aussies fit, what motivates us and some of our health habits. The survey of 1,000 Australians conducted online in December 2013 shows that the Gym Workout & Weights are still the most popular choices, followed in rank order by Running, Personal Training, Crossfit and Boxing. And the reason why respondents exercise? Because it makes them feel happier! That’s right – 93% of Aussie exercisers strongly agree or agree that the more they exercise the happier they feel with 58% stating that they exercise purely for how it makes them feel rather than for looks/weight loss. Apparently exercise also makes things steamier in the bedroom with 56% of respondents agreeing that exercise increases their sex drive because it makes them look and feel better. Frequent exercise also reduces self-bashing with 69% agreeing that if they don’t exercise they feel guilty.

A few more interesting finds include:

- 42% made a new year’s resolution regarding health
- 31% increase exercise around Christmas and Easter so they can consume more treat foods
- 49% research a sport/exercise injury online before seeking professional medical advice
- 41% weigh themselves at least once a week
- 46% find group exercise more fun than exercising alone
- 53% exercise with a partner/friend to stay motivated, or would like to do so
- 70% agree that music is really important to their workout
- 67% are now conscious of how long they sit for each day and consciously take breaks to move around
- 20% use an online fitness program
- 34% are currently on a diet



The Age Run Melbourne is presented by People's Choice & is a great way to promote healthy living and fitness, participate in a major community event, and raise funds for your chosen cause.

So, enter the 3km Kids event, 5km run/walk, 10km run or Brooks half-marathon and start training!

For more information, go to: <http://www.runmelbourne.com.au/home.php>

# Calendar of Events

<i>Sunday 15<sup>th</sup> June</i>	<i>Winter Criterium Race 1</i>
<i>Saturday 21<sup>st</sup> June</i>	<i>ERGfit Indoor Racing – Race 1 (POSTPONED)</i>
	<i>Winter Sculling – Round 1</i>
<i>Sunday 22<sup>nd</sup> June</i>	<i>Winter Criterium Race 2</i>
<i>Saturday 28<sup>th</sup> June</i>	<i>Last day Term 2</i>
	<i>Winter Sculling – Round 2</i>
<i>Sunday 29<sup>th</sup> June</i>	<i>Winter Criterium Race 3</i>
<i>Tuesday 1<sup>st</sup> July</i>	<i>Casual Classes commence</i>
<i>Saturday 5<sup>th</sup> July</i>	<i>Winter Sculling – Round 3</i>
<i>Sunday 6<sup>th</sup> July</i>	<i>Winter Criterium Race 4</i>
	<i>Stadium STOMP @ MCG (Stair Climbing Challenge)</i>
<i>Saturday 12<sup>th</sup> July</i>	<i>Winter Sculling – Round 4</i>
<i>Tuesday 15<sup>th</sup> July</i>	<i>Term 3 commences</i>
<i>Saturday 19<sup>th</sup> July</i>	<i>Winter Sculling – Round 5</i>
	<i>Last session for RUNNING group</i>
<i>Sunday 20<sup>th</sup> July</i>	<i>Cycling Victoria ‘Come n Try Track Day’ at DISC</i>
<i>Saturday 26<sup>th</sup> July</i>	<i>ERGfit Indoor Racing – Race 2</i>
	<i>Winter Sculling – Round 6</i>
<i>Sunday 27<sup>th</sup> July</i>	<i>RUN Melbourne Fun Run (5, 10km, ½ &amp; full marathon)</i>
	<i>‘Bike Force’ Time Trial Series – Race 2</i>
<i>Saturday 2<sup>nd</sup> August</i>	<i>Scullers Head of the Maribyrnong, Essendon</i>
<i>Saturday 9<sup>th</sup> August</i>	<i>Scullers Head of the Barwon, Geelong</i>
	<i>ERGfit RUNNING group commences (10wks)</i>
<i>Sunday 10<sup>th</sup> August</i>	<i>Northern Cycling – Graded Scratch Criterium</i>
<i>Saturday 16<sup>th</sup> August</i>	<i>Scullers Head of the Yarra</i>
<i>Saturday 23<sup>rd</sup> August</i>	<i>ERGfit Indoor Racing – Race 3</i>
<i>Sunday 24<sup>th</sup> August</i>	<i>Northern Cycling – Graded Scratch Criterium</i>
<i>Sunday 31<sup>st</sup> August</i>	<i>Northern Cycling – Lancefield Road Race</i>
<i>Sunday 7<sup>th</sup> September</i>	<i>Northern Cycling – Graded Scratch Criterium</i>
<i>Saturday 13<sup>th</sup> September</i>	<i>Saltwater Challenge 4.5km rowing race at Essendon Rowing Club</i>
<i>Sunday 14<sup>th</sup> September</i>	<i>Amy’s Gran Fondo—The Great Ocean Ride 110 / 40km</i>
<i>Saturday 20<sup>th</sup> September</i>	<i>Last day Term 3</i>
<i>Tuesday 23<sup>rd</sup> September</i>	<i>Casual classes commence</i>
<i>Sunday 28<sup>th</sup> September</i>	<i>Northern Cycling – Graded Scratch Criterium</i>
<i>Tuesday 7<sup>th</sup> October</i>	<i>Term 4 commences</i>
<i>Thur 9<sup>th</sup>—Sun 12<sup>th</sup> October</i>	<i>World Masters Rowing Championships, Ballarat VIC</i>
<i>Saturday 11<sup>th</sup> October</i>	<i>Last session for RUNNING group</i>
<i>Sunday 12<sup>th</sup> October</i>	<i>Melbourne Marathon (5, 10km, ½ &amp; full marathon)</i>
<i>Sunday 19<sup>th</sup> October</i>	<i>Head of the Charles Regatta, Boston USA</i>